

# A P R I L A E R O B I C S

## The Adorni Center

1011 Waterfront Drive  
Eureka, CA 95501  
441-4248



Monday – Friday 6am – 10pm  
Saturday 9am – 9pm  
Sunday 9am – 4pm

Level	Class Name	Description of Class
ALL	<b>BODY SCULPT, CORE &amp; MORE</b>	Dynamic strengthening of all muscles, focusing on the core muscles as well as extremities. Strengthening, sculpting, and muscle balancing from head to toe. The class wraps up with a thorough stretch based on physical therapy, Yoga and Pilates stretch.
1-2	<b>WAKE-UP CARDIO</b>	A short warm up followed by 20 minutes of simple but high intensity aerobic activity ending with a stretch.
ALL	<b>FAT BURNER &amp; CORE</b>	Aerobic combo with sculpting for abs, glutes, and arms ending with a cool down stretch.
ALL	<b>AERO / STRENGTH COMBO</b>	Half basic aerobics for increased cardiovascular endurance. Half resistance training for increased muscular strength.
1-2	<b>COMBO CLASS</b>	Sweat out tension, stress and extra calories in this fun, high energy (low impact) aerobic/body sculpting class while increasing cardiovascular fitness & endurance. Class includes core strengthening followed by a thorough stretch-out.
ALL	<b>STEP AEROBICS</b>	Missed a weekday workout? Join Mary for an invigorating hour of Step Aerobics on Saturday mornings.
ALL	<b>POWER WALK &amp; WEIGHTS</b>	Power walk by the bay (25 min), followed by a cardio/weight segment in the weight room, ending with a stretch. (45-60 min.)
ALL	<b>YOGA FOR STIFF PEOPLE</b>	A gentle class for people to regain strength, balance and flexibility at their own pace. This class is offered on Wed. & Fri. at 10am with Lorna. Please bring a yoga mat.
ALL	<b>INSPIRED YOGALATES</b>	This new class is inspired by both Yoga and Pilates. Using safe, gentle and restorative poses this class is great for opening up any stiff areas of the body. Also focuses on easy core strengthening, learning body alignment and flexibility. An overall great body workout.
1-2	<b>POWER BALL</b>	Get on the ball! Increase balance, flexibility, posture and strength. A well balanced workout in 45 minutes that will power up your life!
ALL	<b>CARDIO CIRCUIT</b>	Class meets in the weight room for weight/cardio equipment work followed by light stretching.
ALL	<b>LIGHT &amp; EASY/ LIGHT &amp; LIVELY</b>	The perfect classes for seniors and beginning exercisers. Join Bonnie for low impact, range of motion classes to help increase muscle strength.
ALL	<b>LIGHT &amp; EASY SCULPT, WALK &amp; STRETCH</b>	Enjoy 20 minutes of muscle and bone building exercises for endurance and flexibility. Use hand weights, bands, stability balls and chairs for better strength conditioning. After sculpting take a relaxing walk along the waterfront followed by a great standing or sitting stretch.
1-2	<b>SWEAT IT OUT</b>	Energy packed aerobic exercises with toning and sculpting for abs, glutes and arms, ending with 30 minutes of relaxing stretches to increase flexibility.
ALL	<b>CAMP CHIZZEL BODY SCULPT</b>	Camp Chizzel is body sculpting with a twist! Strengthen your powerhouse (core) muscles by utilizing aspects from boxing, kickboxing, ballet, tennis, rowing and more, with medicine balls and body bars. Funky, fun, and fresh!
1-2	<b>BASIC STEP</b>	In need of a great aerobic workout? Try this step class with simple steps for an intense cardio workout. Low and high intensity variations always available.
2-3	<b>STEP &amp; CORE</b>	A fabulous fun and easy workout! Enjoy step and floor combinations for the beginner and advanced (35 minutes) followed by core strengthening. An overall great workout!
ALL	<b>BASIC STEP &amp; MORE</b>	Great step class for the beginner and the advanced! Basic step routines with intensity options. Join Rachel on Fridays for this new evening class.



**All: All Levels Welcome**  
**1: For Beginners**  
**2: Beginner to Intermediate Exercise**  
**3: Intermediate to Advanced Exercise**

